

Cabbage Beef Bake - A Cozy, Hearty One-Dish Wonder

Hearty and Savory Cabbage Beef Bake Delight



OVEN
350°F

TIME
45 min

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INGREDIENTS

- 1 lb ground beef
- 1 medium onion, chopped
- 3 cups cabbage, chopped
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 cup cooked rice
- 1 tsp garlic powder
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 cup shredded cheddar cheese
- $\frac{1}{2}$ cup beef broth

Instructions:

1. Preheat Oven:
2. Cook the Beef:
3. Layer the Bake:

Spread half of the chopped cabbage on the bottom of the baking dish.

Spoon the beef mixture evenly over the cabbage.

Sprinkle the cooked rice over the beef.

Pour the undrained diced tomatoes over the rice layer.

Top with the remaining cabbage, then pour beef broth over the whole dish.

4. Bake Covered:
5. Add Cheese and Finish:

Tips for Success:

Use cooked rice to ensure the dish doesn't get

soggy.

For added richness, swap cheddar for a mix of cheddar and mozzarella.

Want more tang? Stir in a spoonful of sour cream just before baking.

Add a touch of smoked paprika or hot sauce for an extra kick.

Serving Suggestions & Pairings:

A scoop of Dorito Casserole on the side for a crunchy, cheesy bonus

A slice of One-Pan Breakfast Bake if you're serving brunch-style

Or round it out with game-day favorites like Beer Cheese Dip

Storage & Leftovers:

Fridge: Store leftovers in an airtight container for up to 4 days.

Freezer: Wrap cooled portions in foil or store in freezer-safe containers for up to 2 months.

Reheat: Microwave individual portions or bake at 350°F until warmed through.

More Recipes You'll Love:

DIRECTIONS

- 1.** Preheat Oven: Preheat your oven to 350°F (175°C). Lightly grease a 9x13 inch baking dish.
- 2.** Cook the Beef: In a large skillet, brown the ground beef with chopped onion over medium heat. Drain any excess fat. Season with garlic powder, salt, and pepper. Set aside.
- 3.** Layer the Bake: Spread half of the chopped cabbage on the bottom of the baking dish.
- 4.** Spoon the beef mixture evenly over the cabbage.
- 5.** Sprinkle the cooked rice over the beef.
- 6.** Pour the undrained diced tomatoes over the rice layer.
- 7.** Top with the remaining cabbage, then pour beef broth over the whole dish.
- 8.** Bake Covered: Cover the dish with foil and bake for 45 minutes.
- 9.** Add Cheese and Finish: Remove foil, sprinkle cheddar cheese evenly over the top, and bake uncovered for an additional 10-15 minutes, or until the cheese is melted and bubbly.
- 10.** Tips for Success: Use cooked rice to ensure the dish doesn't get soggy.
- 11.** For added richness, swap cheddar for a mix of cheddar and mozzarella.
- 12.** Want more tang? Stir in a spoonful of sour cream just before baking.
- 13.** Add a touch of smoked paprika or hot sauce for an extra kick.
- 14.** Serving Suggestions & Pairings: This casserole is a complete meal on its own, but you can easily stretch it further with:

15. A scoop of : Dorito Casserole on the side for a crunchy, cheesy bonus
16. A slice of : One-Pan Breakfast Bake if you're serving brunch-style
17. Or round it out with game-day favorites like : Beer Cheese Dip
18. And for a comfort-food spread, don't miss Easy Turkey Wings or Chicken Enchiladas.
19. Storage & Leftovers: Fridge: Store leftovers in an airtight container for up to 4 days.
20. Freezer: Wrap cooled portions in foil or store in freezer-safe containers for up to 2 months.
21. Reheat: Microwave individual portions or bake at 350°F until warmed through.
22. More Recipes You'll Love: Easy Turkey Wings
23. Dorito : Casserole
24. Chicken : Enchiladas
25. Final Thoughts: This Cabbage Beef Bake is the kind of recipe that gets passed down for a reason. It's rich, hearty, inexpensive, and adaptable to whatever's in your fridge. It's the definition of comfort food, and once you try it, it might just become part of your weekly rotation.

TIPS FOR SUCCESS

Use cooked rice to ensure the dish doesn't get soggy.

For added richness, swap cheddar for a mix of cheddar and mozzarella .

Stir in a spoonful of sour cream just before baking.

Add a touch of smoked paprika or hot sauce for an extra kick.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cabbage-beef-bake-a-cozy-hearty-one-dish-wonder/>